

NAITSA ELECTION APRIL 1

# THE NUGGET

Thursday, March 20, 2008  
Volume 45, Issue 24



Please recycle this newspaper when you are finished with it.

YOUR STUDENT NEWSPAPER

EDMONTON, ALBERTA, CANADA

## LAST BAND CHOSEN

Winner declared in NAITSA band contest, story page 10



### SPECIAL PERFORMANCE

Larson Yellowbird takes part in NAITSA's International Week fashion show and cultural performances event March 12 in the South Lobby.

Photo by Carla Pearson

## THE NEST

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(Thank goodness it's almost Friday!)  
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(8 oz glass)  
Every 2nd Thursday Universal Music  
Listening Party

# NEWS & FEATURES

## Soldier's story continues



**GABRIELLE HAY-BYERS**  
Student Issues Editor

Sgt. Kelly Stewardson's first day in Afghanistan was hectic.

"Day 1 in Afghanistan was interesting. I got on the ground and was the crew commander for the LAV III that carried the body of the soldier that died last week. I had to take his body to the plane during the ramp ceremony ... let's just say it really opens your eyes," said the Canadian Forces infantry member in an e-mail to JR Shaw School of Business instructor Ray Bilodeau.

Stewardson, with the 3rd Battalion Princess Patricia's Canadian Light Infantry, was at NAIT just last November, talking with students about the importance of remembrance, and was accompanied at that time by his partner Tania di Sorbo, who commented on the challenge of watching a loved one deploy to Afghanistan.

"My trip from Kandahar airfield to a forward operating base was very ... well, intense. We drive

right in the middle of the road and traffic pulls off the road as we approach," Stewardson wrote.

"We went through Kandahar city and made it to our FOB without incident, however, an IED (improvised explosive device) exploded about two hours later on the route we had travelled. All in all, pretty exciting. Very dangerous," continued Stewardson.

Bilodeau is keeping his students informed about his friend Kelly's experiences in Afghanistan, despite the fact that many of his students were disappointed of the soldier's initial visit – not because of politics, but because the presentation took place on a day when many other post-secondary students were not required to attend classes.

NAIT student and military spouse Amanda Spearing believes that instructors taking such a proactive approach to life learning with their students is important.

"There is just not enough press on the good things that we are accomplishing over there," Spearing said. "Roads are being built and reconstructed, waterways are being disinfected so that people can use the water for drinking, cooking and bathing, farmers' fields are being cleared of landmines and IEDs so that they can grow produce.

"Farmers are being given corn, wheat, barley and a variety of other seeds to plant so that they have options instead of growing poppies," she asserts.

"The former Taliban government was not trusted, but if you wanted to work for the government you had to work for that particular party. Even with the new government, the villagers (and the general national population) still have a lot of distrust of the government.

"Our soldiers go into those villages and towns, and tell people that it is important to vote, that they can vote, and where they can vote and most importantly, that women are allowed to vote. We even go so far as to protect the polling stations from attack.

"Students need to be aware of the good that we are doing for that country, and remember that the soldiers are there because our government told them to go. Students should also be aware that our men and women are fighting to give the same liberties that we have in Canada to another country, and that they should be supported without question."

Stay tuned to the *Nugget* for ongoing updates on Sgt. Stewardson's tour in Afghanistan.



**Sgt. Kelly Stewardson**  
In Afghanistan

## Campus crime on the increase?

**GABRIELLE HAY-BYERS**

Incidents of crime are not an uncommon occurrence on NAIT campus, but there is suspicion that those types of incidents are on the rise.

EPS Sgt. Dan Duiker commented on the issue during a meeting with the *Nugget* and NAITSA's Acting President Lisi Monro, saying, "We're seeing more reports of break-ins to lockers, cars, vending machines ... I have noticed that there's been more calls here for that lately."

Since Sept 2007, the *Nugget* has been closely following the successes of NAIT's security as well as areas of concern. With break-ins, improperly investigated alarms, transients in the halls and unsolved thefts abounding on our campus, it behooves students more than ever to take extra precautions when it comes to their security.

"It's not rocket science – an alarm goes off, you go to it," says Const. Greg Lewis.

Sgt. Duiker continues: "Even if you are contracting out to someone, you need to have consistency."

So what is a student to do, when they can't find a security guard at NAIT, or the guard can't help them? According to Const. Lewis, "Obviously, your gateway should be security, but if not ... you can definitely call the police."

In a recent situation in which NAIT student Matt Antwright conducted a citizen's arrest, Sgt.

Duiker had cautionary comments.

"It's hard to advocate to people to make citizen's arrests," he said. "It's sometimes better to keep an eye on a suspicious person while the police are en route. In most cases, I think businesses like NAIT hire security personnel to secure property more than the people."

The question remains as to what students can do to protect themselves and their property.

"It's important to have people know where you are – if you're staying somewhere, let someone know. Don't take things for granted. Report suspicious behaviour because it may be something that grows important in the long run ... Don't be a victim, walk with a purpose. Have a cellphone, iPod out of your ears (as that's become a trend lately, to steal them while you're listening), have keys in your hands. When it comes to vehicles, keep valuables out of sight and use anti-theft devices," said Duiker.

Const. Lewis continued, "Be aware and follow your gut. If something doesn't seem quite right, walk to a group, a well-lit area, a business ... whatever the case may be. Don't talk to strangers, don't give money to people – donate to a charity if you feel badly for them."

Any student who has a non-emergency situation they'd like investigated can call EPS's non-emergency line at 423-4567.

**More locker thefts, page 9**

# It's time to run AGAIN!!

## We need a VP Apprenticeship & External

Do you want to get involved? Do you want to help make a difference? Get your nomination package in for VP Apprenticeship and External!!

Nominations open March 13th  
Nominations close March 25th  
Election will be April 1st

Get your Nomination Package from the NAITSA office, E-131.  
Submit a completed Nomination Package to the NAITSA office before March 25 at 4:00 p.m.

NAITSA  
ELECTIONS

See [naitsa.ca](http://naitsa.ca) for information.

Have questions? Come on down to the NAITSA office!!  
We're in E-131 right before the Gym

# Facebooking the music

REID SCHMIDT  
and JAYE HORBAY

Like neon and arcades in the '80s, Facebook is an established student staple. It's notorious for finding its way into our time on the PC and, like most new-generation fads, there's resistance.

Chris Avenir, a first-year computer engineering student at the supposedly tech-savvy Toronto's Ryerson University, joined a Facebook group where his fellow students could discuss tips and brainstorm for their chemistry assignments, worth 10 per cent. (Keep in mind, this is a 'pivotal' course for their field) Later, he became administrator of the group and received a B in the class.

## Stumbled on site

The professor stumbled upon this gathering, found it to be a delightfully innovative, 21st century study group often smiled upon in libraries or forums, and summoned the gnome knowledge parade in commemoration. Ha ha, you're right. Since when do professors fancy social sites? Avenir was promptly given an F and was to face expulsion with 147 counts of academic misconduct – one for every member in the group.

Each student was assigned unique assignments, so the same answers could not be shared, and Avenir's representative points out that no solutions were posted, even though the statement on the main page can be taken as that being the group's aim. Actually, the aim was to help each other grasp the concepts so they could be applied in exams and later in life. According to Ryerson, though, academic misconduct is "any deliberate activity to gain academic advantage."

## Unclear

It is unclear exactly what activities constitute gaining enough of an "academic advantage" to merit expulsion, and NAIT's own policies regarding cheating have yet



Photo by Geoff Tate

## GOING GREEN

The Annex celebrated St. Patrick's Day a little bit early this year, as the PGC students held a beer garden March 14 on the Dock.

to be tested by a similar situation. Rayne Kuntz of NAIT media relations had few comments on the matter. Although not being able to comment on the Ryerson situation, NAIT does have strict policies in regards to cheating in general.

"NAIT does have very clear policies ... if someone were accused of cheating, there are a series of steps to go through as to whether or not that person is disciplined," Kuntz said.

She says that NAIT values peer-to-peer studying, and thinks that Facebook could be a great studying tool.

"It's no different using a social media sharing ideas, or sitting in the library studying together."

As for Avenir, his fate will be decided this week.

Still, Avenir feels optimistic that, with the lack of evidence and with the over-

whelming support he has received, he will be able to continue his studies. There's even a site, [www.chrisdidntcheat.com](http://www.chrisdidntcheat.com), where you can buy memorabilia that goes toward his legal fees.

Albert Einstein once failed an

exam solely because he couldn't recall a formula and stated: "Why should I have to remember a formula when I can find it in any book of physics?"

Or, as we would put it, "... when I can Google it?"



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## Submissions encouraged.

[studenteditor@nait.ca](mailto:studenteditor@nait.ca)

## THE DEADLINE IS

Noon on the last school day of the week. (All submissions must include your name and student ID number.)

The opinions expressed by contributors to the Nugget are not necessarily shared by NAIT officials, NAITSA or elected school representatives.

# Letters welcome

## We want your views

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general?

Get those thoughts into print.

Keep them short and to the point. No more than 100 words. Hell, we're a newspaper not an encyclopedia. Give us a break!

Submit your letters with your real name and phone number to: [studenteditor@nait.ca](mailto:studenteditor@nait.ca).

Don't sweat it. We won't publish your phone number, but we do need to list your real name.

It's all good. Getting something off your chest is downright therapeutic. Trust us on that. Write us.



## HELP!! We need some bodies.

\$12/hour

Poll Clerks needed for the NAITSA By-Election polling stations on April 1, 2008.

Poll clerks must have a strong command of the English language and have a complete and clear understanding of the democratic election process.

All poll clerks **must** attend a training session on Monday, March 31<sup>st</sup> at 4:30 p.m. in E129. All clerks will be paid to attend the training.

Apply in person at the NAITSA office, E131

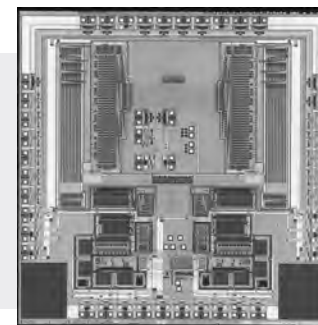
8:00 a.m. – 4:30 p.m.

**Tech  
Talk**



SHANT CHAKMAKIAN

# Wireless is more!



Most people who use wireless networking swear by it and those who don't are just plain missing out. Here's how it started.

Wireless networking first started hitting the market in late 1999 and early 2000 under the 802.11b standard, making its premiere as a convenient way to surf the Internet.

Security was poor in the beginning as it was rumoured that the technology was rushed and as a result security was minimal and it was easy to crack.

Operating at only 2.4 GHz at first, this technology had conflicts with cordless phones, Bluetooth and other technologies that shared the same frequency.

Another standard was the 802.11a standard, using the 5.2 GHz range. Its adoption was rather limited, although it was based on superior technology. The standard was capable of speeds about five times faster than 802.11b and was really the first high-speed solution for wireless that was available.

It was also more robust and less susceptible to interference and transmitted much more efficiently compared to 802.11b.

In June 2003, the 802.11g standard made its debut. This standard borrowed many technologies originally pioneered for the 802.11a standard.

This resulted in the high speeds 802.11a was capable of, but at the more popular 2.4 GHz frequency. Over the years, 802.11g grew in popularity and is now the most used wireless standard.

But many vendors also have their own proprietary solutions and products to try to sway customers to go with their more superior technology. An example of these proprietary technologies would be D-Link's AirPlus XtremeG technology.

Although D-Link's AirPlus XtremeG offers speeds twice that of traditional high speed wireless, every device that connects to it has to use similar proprietary technology to take advantage of the speed; unfortunately, this is a common mistake people make when purchasing.

A myriad of technologies have come out since wireless was implemented, but now there is a new standard, 802.11n.

This is a "draft" standard, meaning it's still being introduced and hasn't been fully approved

by the IEEE, despite the fact just about every wireless vendor is making hardware for this standard.

802.11n is a superior technology, taking some of the most advanced technologies in wireless communication and making use of them as effectively as possible. It boasts 12 times the speed of 802.11g high-speed wireless, superior range and more reliable transmission.

But the problem is that it's not a standard, and thus kinks need to be worked out.

Nothing tests a product better than going live on the market and having consumers use

it in the real world, but this is why I don't buy technology when it just comes out. You shouldn't either.

It's currently rumoured that this standard can be fully ratified by the middle of next year but in that time the standard itself might change. So for those buying wireless, stick with proven technology and wait until everyone else fixes the kinks in the new stuff.

*Please feel free to visit my blog at <http://shantc.blogspot.com> or to email me any comments or suggestions at [shant\\_c@hotmail.com](mailto:shant_c@hotmail.com) I value and look forward to your input.*

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# OPINION

— Editorial —

## To sink or swim



**ALISTAIR WILKINSON**  
Student Editor

The thing about icebergs is that they're 90 per cent invisible. The bit above the water is relatively easy to avoid, as it's quite easy to see a mile-high block of ice looming ahead. It's everything under the surface that causes wrecks, lingering unseen and drifting onward to the next unsuspecting (and possibly captainless) ship.

This is not to say that NAITSA has run aground, but anyone would admit that the Titanic had an easier run. The only thing that would make this story enjoyable is a drowning Leonardo DiCaprio (please, God, yes).

### Perhaps an unfair comparison

It's perhaps an unfair comparison – and, as an analogy, the NAITSA/Titanic thing is already pretty dead – as the Titanic's problems resulted from a combination of poor direction, poor design, lack of planning and bad luck (and, in the film's case, bad acting), whereas NAITSA's problems ... well, it's more a question of who's leaving the ship (women, children and editors first) as well as what's beneath the surface.

Besides, there are the rats to consider – a special thanks should go out to the person/persons who alerted the "professional" media to some of NAITSA's problems with fraudulent claims. It's a bit early to be deserting when she's just taking on water, although not everyone had a choice.

### More like an ice cube

In former VP Apprenticeship and External Amanda Spearing's case, the iceberg is more of an ice cube. Most students aren't aware that NAITSA deals in hundreds of thousands of dollars in student fees and other revenue (the Nest, special events, advertising bucks, money sent to the "Make Alistair Pretty" Fund ... still waiting on that last one, by the way), nor do students recognize that, unlike most other student government bodies, NAITSA is operating with a surplus. The issue was a matter of executive bylaws rather than a paltry \$1,500, which has already been repaid.

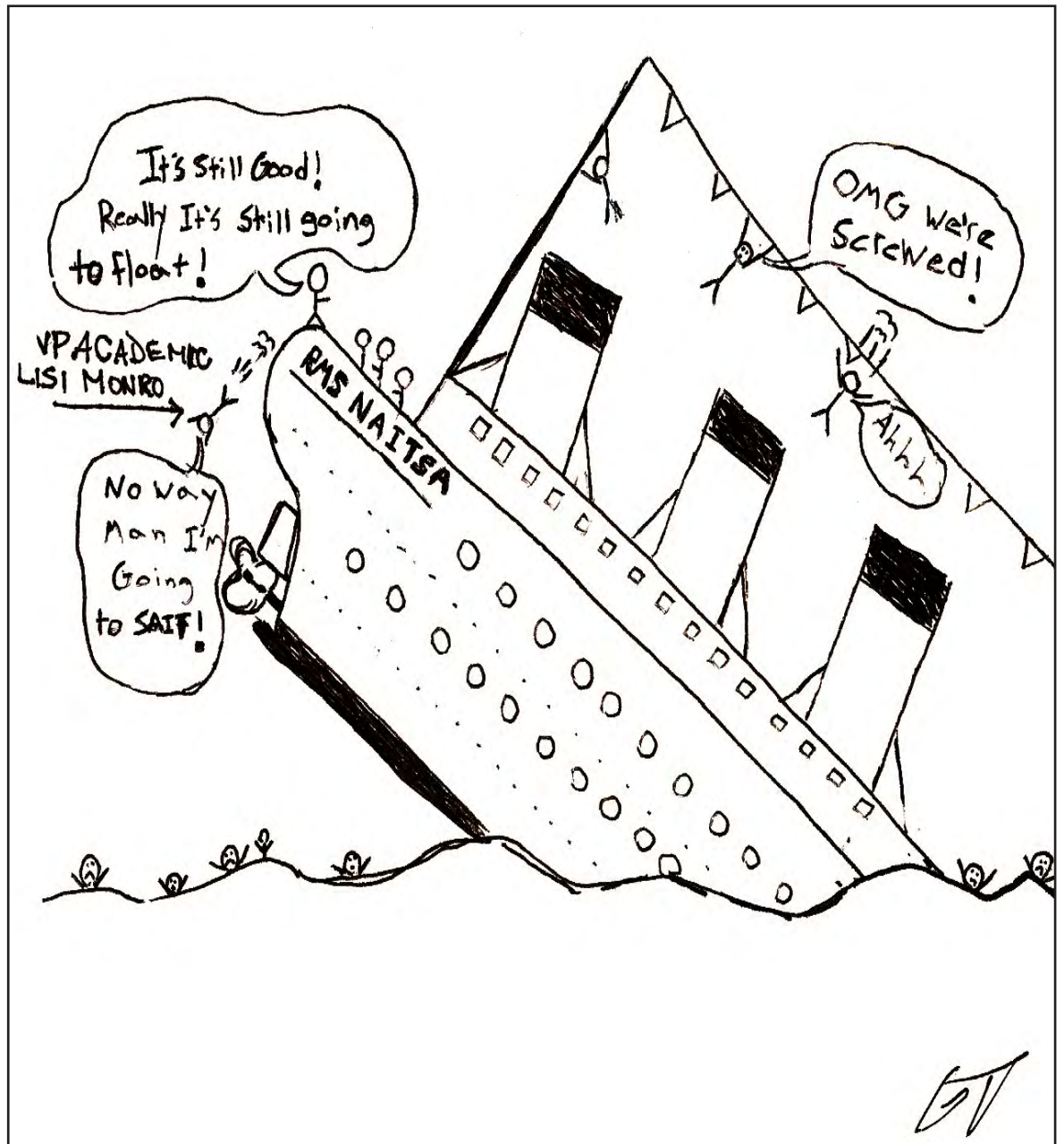
The problem that remains is all the unseen, under-the-surface issues, and bailing out on the ship won't help, even if those still aboard trying to patch structural damage won't acknowledge the next iceberg.

### Operating within its mandate

Despite trepidation about Senate and executive direction, NAITSA is still operating within the mandate granted by students, but it pays to mend the kind of sectarian division that has sprung up in our student government (yes, that's what I meant about the "below the surface" thing).

You've got a problem with icebergs? Stay aboard and steer into calmer waters, get on with the voyage, and for God's sake, stop confiscating my lifeboat.

Like most students, I would prefer it not to be a choice of sink or swim.



— Letters —

## What a sham!

Dear Nugget,  
This is bullshit! I can't believe I'm paying for some (person's) Visa! I work hard for my money and I bust

my ass to feed my family and now I find out I'm getting ripped off, what the hell? They expect us to pay fees and vote in their gong-show elections so they can resign and spend our money, what bullshit. Is that what Amanda meant when she said she was here to fight for apprentices? You know by not being a student and spending \$1,500 of OUR money? What a sham!

Jim Hunter

*Editor's Note: It should be pointed out that all of the money at issue is being repaid by the person in question.*

## Disgusted

Dear Editor,

I am deeply disgusted and disgraced to see that there has been such a gross oversight on part of the Students' Association. I am ashamed to be a NAIT student and think that there should be a criminal investigation into this matter, an audit, something! What happened to accountability? What about representation? And why are we still paying student fees? This is a travesty, NAITSA and its leadership should not have let this happen, I can't believe these people were elected.

Tim Labowski

## Your views are important

### We want to hear from you

Is something bugging you about NAIT or the rest of the world? Do you have some praise to dish out about the school or life in general? Get those thoughts into print.

Keep them short and to the point. No more than 100 words. We're a newspaper, not an encyclopedia. Give us a break!

Submit your letters with your real name and phone number to: [studenteditor@nait.ca](mailto:studenteditor@nait.ca).

Don't sweat it. We won't publish your phone number, but we do need to list your real name. It's all good. Getting something off your chest is downright therapeutic. Trust us on that. Write us.

## SPORTS

## Oly curling trials here



**GABRIELLE HAY-BYERS**  
Student Issues Editor

March 14 was an exciting day for curling fans in Edmonton when it was announced that we will be playing host to the 2009 Tim Hortons Canadian Curling Trials.

"The Canadian Curling Association was thrilled to have been in a position to have two unbelievably competitive bids for the 2009 Tim Hortons Canadian Curling Trials – from Edmonton and from Kamloops," said Greg Strem-law, CEO of the Canadian Curling Association.

"In the end, we felt that the combination of the negotiated hosting fee, the fan base and pre-

vious record crowds in Edmonton for both the Brier and the World Men's, and the chance to expose this sport to that many more people prior to the Olympics in a major venue was just too hard to pass up," he added.

"Quite frankly, we could not have gone wrong with either proposal, but this is a solid business decision.

"This event has garnered an incredible amount of attention already and for good reason. In the build-up to the 2010 Winter Olympics, the Trials are on every curling fan's mind."

For readers who don't quite

understand what that means, here's a tip: the 2009 Tim Hortons Canadian Curling Trials will determine who will represent Canada at the Vancouver 2010 Olympics.

Rexall Place's 15,000 seats will be waiting for fans from Dec. 6-13, while eight mens' and eight womens' teams will vie for top spot through the competitive round-robin format. The teams that finish

in first place for their division will advance directly to the finals, while there are #2 vs. #3 semi-finals in both the mens' and womens' divisions.

The Canadian Team Ranking System will determine four teams

to qualify directly to the Trials, with Jennifer Jones's team the only one thus far to qualify by winning all three of the specified events.

All eyes will be on the Kevin Martin rink during the men's world championship in North Dakota – if the Edmonton-based rink coached by NAIT's own Jules Owchar wins the spiel, they will join Jones's team.

Edmonton is an excellent place to host the Trials, as two truly significant attendance records have been set here in the past five years – at the Brier in 2005 and at the Ford World Men's in 2007.

Jackie-Rae Greening, host for the Trials, let her feelings be known: "As a curler and a curling fan, I'm obviously ecstatic about the Trials coming to Edmonton."

Bill Moir, executive vice-president of marketing for Tim Hortons,



**The Kevin Martin rink, which recently won the Brier, will be competing in the Worlds at Grand Forks, ND.**

said his company is "proud to support the 2009 Curling Trials ..."

"Tim Hortons and Canadian curling share a rich tradition and we are thrilled to be associated with what will no doubt be an exciting event."

TSN will be providing blanket coverage for the Trials, as well as approximately 14 hours of live coverage for the pre-Trials qualifier in Prince George.



**Skip Kevin Martin and lead Ben Hebert discuss strategy at the recent Brier.**

# It's Coming...



For more info  
visit **NR92.com**



# It's time to vote... AGAIN!

**NAITSA GENERAL BY-ELECTION 2008**

**April 1st, 2008**

**Voting from 9 am – 4 pm**

**POLL STATION LOCATIONS:**

- South Lobby
- Outside NAITSA Office – E131
- Outside Campus Reads & Needs
- Tower – 1st Floor
- Patricia Campus – P127
- Engineering Annex – Main floor by main stairwell
- Outside Bytes Cafeteria – HP Centre
- Outside Fresh Express Cafeteria
- South Campus – Z130
- St. Albert Campus

Watch for the February 27<sup>th</sup> issue of the Nugget for Candidate pictures and articles.



See [naitsa.ca](http://naitsa.ca) for information



# 2 minutes in the box

**NAHREMAN ISSA**  
Sports Editor

The Edmonton Oilers are very much like Mother Nature. Just when you think spring is around the corner, Mother Nature (like a bitch) decides to dump a bunch of snow on the ground. A month ago the Oilers looked like they would be handing Anaheim a nice pick for this year's draft, sitting in 14th place.

But hold the phone (and tell Brian Burke to shut the hell up while you're at it) Edmonton brings it on, winning eight of their last 10 games. Now, is this a case of too little too late, or is this a real push for the playoffs? As of March 18, the Oilers were seven points out of a playoff spot. But with how tight the Western Conference is (as always) you can never count out the Oilers.

This is the time of year when the Oil-

ers shine, with the exception of last season. Edmonton always plays playoff hockey one month before the actual post-season begins. This is their time of the year. It's just a fact; when there is no Oilers playoff hockey, spring around Edmonton just sucks.

I hope Mother Nature and the hockey gods are nice to us this spring.

...

Here's a question for you. What has Andrew Cogliano done that not even the likes of Wayne Gretzky, Mark Messier and Mario Lemieux have been able to do?

How about score three winning overtime goals in a row?

It was déjà vu for all three games against Columbus, Chicago and St. Louis as Cogliano

potted his 13th, 14th, 15th (he had two in Chicago) and his 16th of the season.

The Hockey Hall of Fame has asked for Cogliano's hockey stick and gloves to put on display. While the hockey stick was sent, the gloves still remain. They have been tagged and will be sent at the end of the season.

But this isn't the first item in the HHOF for Cogliano. He has a stick on display that he used to win the scoring title at the 2004 World Under-17 Hockey Challenge.

...

Chris Pronger is public enemy No. 1, not only in Edmonton, but also around the league. Pronger has been suspended for eight games for stomping on Vancouver Canuck Ryan

Kesler. This is the eighth time he's been suspended, which sits him second on the list of offenders (first is Chris Simon). So when does justice get served? I'm not going to defend Simon, but when he did the same thing, he got 30 games. Yes, that was well deserved because he just came off another huge suspension, but what about Pronger? Well, according to the league, if you are a star player, you'll get off much easier.

...

Remember three weeks ago when I mentioned that Peter Forsberg was coming back and that he would probably get injured again? Well, three games into his debut, he suffered a groin injury.

That was fun while it lasted.

## Healthy mind, healthy image

**AMBER TIENKAMP**

Three graduating female students of the NAIT Personal Fitness Program have decided to help out in a local high school by promoting a healthier body image in young women.

Shaina Nehring, Krista McLaren and Nicole Gaulton have started an after school program at Bev Facey High to aid students there to engage in more physical activity. The program director here at NAIT, Sheryl Hansen, came up with the program. She is trying to get a grant to continue it after the ladies from NAIT are done. "In a sense," the ladies say, "it is a pilot program."

Shaina, Krista and Nicole began the launch for

the program by putting up articles in Bev Facey's daily bulletin to inform the girls at the school. The program has been set up on Mondays and Wednesdays after school and runs for up to two hours. The ladies have about 22 students taking part, give or take, on the day. They have agreed to 30 hours in the school, but they say that the program may go longer than that.

"We are hoping to be able to continue with this program longer than originally planned, as we are enjoying it so much. We are hoping that this program only continues to grow and help these girls reach their full potential."

The ladies draw from diverse experiences, as they each graduated from high school at different times,

two of them almost a decade apart. But they agree that they have similar views and goals about the program. When asked if they thought anything's different about high school in 2008, and the view young girls have of themselves, the ladies agreed that it really isn't.

"Things really haven't changed that much ... there are always girls looking for someone to look up to and guide them along the right path that can lead them to a happy and healthy lifestyle ..."

Shaina, Krista and Nicole agree that each of them went through their own individual struggles and just wanted the opportunity to help show others that fitness can be fun. Simply put, they say they just want to make a difference in another person's life. Great work, ladies!

# NEST BREAKFAST

**Start your day at The Nest**  
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Monday thru Friday.

**Why waste time standing in long line up's when you can grab & go with a bowl of cereal or try our daily breakfast special.**

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We're not just beer & pub grub

# EDMONTON OILERS

## GAME OF THE WEEK

-AT THE NEST-

**WATCH the GAME on our 10' SCREEN**

**MARCH & APRIL**

Tue	Mar 4 vs. Predators	7:00 pm PPV
Tue	Mar 11 vs. Blues	7:00 pm
Thu	Mar 20 vs. Canucks	7:00 pm
Wed	Mar 26 vs. Wild	6:00 pm PPV
Tue	Apr 1 vs. Flames	7:00 pm

Molson jugs **DROP \$1** when the **OILERS SCORE**

PPV = Pay Per View

**THE NEST MOLSON**



Photo by Brendan Abbott

**WIN IN OT**

Edmonton Rush's Lindsay Plunkett and his teammates pulled off a 10-9 overtime victory against Rochester on March 15.



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THE NAIT STUDENTS' ASSOCIATION

# STREET HOCKEY CLASSIC

# March 25th, 2008

- All players must be current NAIT Students
- Registration deadline is March 18th, 4pm.
- 1 female must be playing during all games
- Entry fee is \$50.00 due at the time of sign up
- Pick up a registration form at the NAITSA office (E-131) or online at [www.naitsa.ca](http://www.naitsa.ca)

**Winning team gets  
a molson skybox  
for an Oilers game**





Photo by Gabrielle Hay-Byers

A good time was had at NAITSA's first Grub Crawl on March 12. Participants, above, enjoy a post-snack dance at Edmonton's Koutouki restaurant.

## Food fun

**GABRIELLE HAY-BYERS**

The lucky students who came on NAITSA's Grub Crawl enjoyed a culturally based cuisine explosion.

A bus picked up roughly 20 students and staff at 4:30 p.m. on Wednesday (March 12) outside the Nest and ferried them directly to Koutouki, a fantastic Greek restaurant that has been featured on Canada's Food Network.

"The Grub Crawl was a great event. It allowed NAIT students to try different ethnic restaurants around Edmonton for the low price of \$20," said Chuck Erman, a NAITSA events co-ordinator.

After dancing around the restaurant to the oddly exhilarating sound of breaking plates, students then loaded their bloated selves back onto the bus to find their next stop – Ethiopian restaurant Lagano Skies.

After reaching Whyte Avenue, the excellent NAITSA chaperones (kidding, NAITSA staff) shepherded the crawlers into the restaurant for a cultural experience. At Lagano Skies,

there are no utensils – only a unique flatbread that a diner uses to scoop food from the communal platter. Which was huge, by the way.

After the Lagano Skies had staff packed up the food the grub crawlers couldn't finish, the staff and students loaded back onto the bus, most of them now feeling like they were somewhere around the size of an elephant.

The final stop of the night was the downtown Haweli location, where guests dined on excellent butter chicken and curried potatoes. Since many of the attendees had the feeling that their stomachs might explode in protest should they eat much more, the staff brought out take-home packages to add to the pile of leftovers.

All in all, a fun night out for everyone involved.

"It gave all those students a chance to meet new people and make some new friends. The food and service was amazing at all of the restaurants, and it is definitely going to be an event that you will see from NAITSA next year," said Erman.

## Locker thefts continuing

**SHANT CHAKMAKIAN**

On Monday, a number of lockers were broken into around campus, including locations in the HP Centre and elsewhere on campus.

"It seems that security is only present in the area after the break-in has occurred" says Michael Alexander, who lost his keys, iPod and laptop, citing the fact that there seems to be more security in the HP Centre after the fact.

Locker theft is nothing new to NAIT or to other post-secondary institutions. Security encourages students not to leave valuables in their locker and to buy a high quality lock ... etc.

However, most students were using good quality locks, but apparently the

culprits were carrying a pair of bolt cutters and went through a number of lockers quickly.

"There is no security, I don't feel safe putting anything in my locker," says Peter Iskra, another victim.

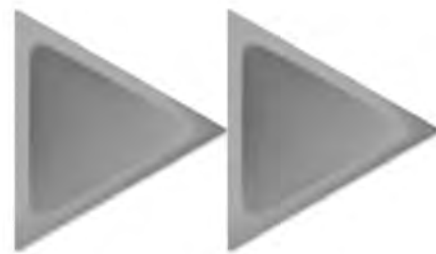
Unfortunately some students are concerned with more than security.

"If stuff can easily disappear from a locker, stuff can just as easily appear, like a bomb," says Ivan Filippov, another concerned student, who hopes one day he can feel safer on campus.

At press deadline, the *Nugget* received word that four more lockers had been broken into, this time behind the Project Factory.



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# ARTS & CULTURE

## Mike Roste last standing



**GEOFF TATE**  
Arts and Culture Editor

March 14 saw the Nest's three-week-long Last Band Standing competition come to a dramatic close, with all five bands competing like they really needed that \$500.

Expect to see The New-Matics, Letters to Elise, Desousa Drive, Apache Rose and the Mike Roste band quite a bit around these parts, as they definitely proved they deserved to be there. With a chance to open at Empty the Nest, happening April 4, there was definitely some extra intensity that wasn't there the previous two weeks.

There were a few roster changes to the

bands, with Apache Rose's lead singer gone on holidays, and a little slimmer-looking stage for Mike Roste, and this definitely had an impact on the outcome of the contest.

And, of course, the faithful Nest patrons were out in all their intoxicated awesomeness, perhaps a little lacking in their mosh-pitting capabilities, but an all-round good crowd. No one stole my camera, so kudos to all of you, especially all of you folks who break into the lockers (don't break into mine, all I have are pencil crayons, and they are unsharpened).

**Be sure to check Mike Roste out at the upcoming Empty the Nest ...**

After intense scrutiny, and a lengthy closed-doors meeting of sorts, the judges went against the grain and chose the Wild Card band, Mike Roste, shocking a few people, but ultimately exciting even more.

They had the best vocals backing them up, and the shrinking of their band really got the sound they wanted to come through.

"They just had the nicest sound tonight,

everything came together, and I really appreciated the more mellow feel to their music," Universal Music representative Megan Hall said.

Definitely unique compared with the other bands on stage, the three-piece band consisted of slap steel, a guitarist and a single drum to keep the beat down. There was a definite Jack Johnson feel to their set, and I even felt that myself before their singer told the crowd, "There's kind of a Jack Johnson feel to our music."

Go figure!

Apache Rose and Letters to Elise rounded off the top three bands as picked by the judges, but it was really a toss-up among the other four bands.

"It really comes down to the judges' own preferences, and when all the bands are so similar, it has to be tough to put them in



any particular order ... " said my newfound drunken comrade, who looks incredibly like Simon Pegg, the dude from Hot Fuzz.

There were a couple of times when Apache Rose could have used their original singer. It may have changed the outcome of the night, as the judges unanimously decided they had the best single song of the night.

I can guarantee you that these guys will be around for a while, as will every band that played the last three weeks. I'm jealous, guys, I guess I'll just stick to Rock Band on medium ...

Be sure to check Mike Roste out at the upcoming Empty the Nest, and be sure to read your favourite paper, the *Nugget*, for more information on this event.





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10,000 B.C.

# 10,000 reasons to miss this

## GEOFF TATE

So I'm not entirely sure of what life was like in and around 10,000 B.C., but I am absolutely positive it was nothing like anything I saw in the movie aptly named *10,000 B.C.*

The first thing that blatantly slaps you in the face is the fact everyone back then spoke English as a first or second language. This was one clue on a trail of many that led me to believe this really isn't a good movie. The PG rating was probably my first warning, but unfortun-

nately I did not heed it, and dropped a solid \$25 on snacks and get-into-the-movie tickets.

This movie follows the journey of a man-boy named D'Ley, and his quest to find food for his tribe, which, sadly enough, hasn't seen a woolly mammoth in years. This is apparently all that his tribe eats, as they appear to live somewhere in the Rocky Mountains and have not yet discovered agriculture of any kind. Plus, it's always frozen. It's just a really ugly place in general. Without giving the plot away, let's just say this D'Ley guy's tribe gets kidnapped by

people with horses, and he walks a really long way to save them. From his home in the Rockies, he manages to find a jungle that is approximately 20 feet from the base of an Everest-sized mountain. This then leads to a scene very reminiscent of the "tall grass" scene in Jurassic Park 2, but rather than being eaten alive by raptors, his people are eaten alive by raptors with feathers ...

A desert is immediately found outside the jungle, effectively leading D'Ley from Banff National Park, down to the Amazon jungle, then after a quick left, somewhere in the vicin-

ity of the Sahara desert. As a geologist-in-training, I am fairly well versed in plate tectonics, but I was unaware that they moved so fast.

Nor was I aware that woolly mammoths were used in the creation of the Pyramids of Egypt, or that they had the ability to magically bring people back to life. I'm sorry if my enthusiasm isn't apparent in this review, but I really have nothing good to say about this movie. I guess the previews were pretty sweet ... I really can't wait for Batman. R.I.P. Heath ... \*Tear\*



## Yoav amazes

## GEOFF TATE

This cat's got some mad beats. Yoav introduces himself to the world with his debut album, *Charmed and Strange*, and in doing so, brings a refreshing new twist to the increasingly mediocre music scene. Potentially one of my favourite CDs released in the past six months, *Charmed and Strange* stands out in its overall originality and the fact that Yoav does all his own stunts, seeing as he is the only member of his band.

The majority of his songs are simply him playing the guitar, and doing some sort of weird technological thing beyond my understanding, making him sound like he's in four different places at once. The majority of his bass beats are just improvised off his guitar, and then just looped through the rest of the song, and what you get, surprisingly, is an incredible diversity of tracks on this album. Favourites off this CD include *There Is Nobody*, an

edgier song which reminded me of Trent Reznor if he took a little different route with his music, and *Club Thing*, his first single to hit the radio.

And as good as this CD is, it does him no service compared to his abilities when seen live. I had the opportunity to see Yoav play a small show at Velvet Underground on March 12, and it was incredible to see him work his magic.

The guy has so many different things going on trying to get the song to sound just right, turning knobs with his feet, playing several different beat rhythms on his guitar and then strumming his magical strings to get just the background sound where he wants it. Even his vocals are just right, sometimes giving Lord Timberlake a run for his money. I would highly recommend this CD to anyone who likes music, and be sure to check Yoav out live if you ever get a chance.



## Distinctly Janet

## VICTORIA FIGUEREDO

So she's done it again for the 26th year in a row. Since 1982 this woman has been keeping up with the fast-moving, constantly changing pop scene.

At 41 years of age, she is able to make better pop music than the majority of youth in the industry. Experience truly counts for something with this chart-topping talent.

In her new album *Discipline*, Janet explores new style beats inspired by Japanese techno, yet stays true to her familiar club-dance pop. She's teamed up with Ne-yo, Missy Elliot, Darkchild and, of course, her long-time boyfriend, rapper-producer-exec Jermaine Dupri.

The first single *Feedback* is an obvious hit and so ... "Janet." A couple of singles I'm predict-

ing will be chart topping hits are Jermaine Dupri's *So Much Betta*, Missy Elliot's *The1*, and Darkchild's *LUV*.

*So Much Betta* is a sexy hip-hop track full of attitude that will surely take over nightclubs in no time. *The1* is the most entertaining track on the album. It's the perfect balance of style between Janet and Missy. Basically, if Janet and Missy had a child, this song would be it. Finally, Darkchild, who's produced music for stars such as Brandy, Mary J Blige and Rihanna, has collaborated with Janet to create *LUV*, which is mature yet sexy.

The album is stylish, entertaining, and distinctly Janet.



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**Full day** (includes breakfast, panel discussion, keynote luncheon, two PD courses, Career Fair and networking reception)  
\$ 275 (ASET members and students) \$ 350 (non-members)

**Career Fair only**  
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**Registration**  
For more information and to register go to [www.aset.ab.ca](http://www.aset.ab.ca)

## ELECT THE DEAD

# Beautiful, brilliant



By **NAHREMAN ISSA**  
Sports Editor

Beautiful and brilliant are two words I would use to describe Serj Tankian. The lead singer of System of a Down was in town playing the Shaw Conference Centre Sunday night, promoting his new solo album, *Elect the Dead*. If you're a fan of SOAD's music, or just a fan of his new stuff, he did not disappoint.

On tour with his new band, the FCC (or better yet, the FLYING C\*\*\*S OF CHAOS), I found it weird not seeing Daron, Shavo or John joining him on stage.

Nonetheless, the new guys put on a great show. Dressed in black and wearing top hats, the band came out and started to play. Then out came Tankian, dressed in white and wearing a white top hat. Tankian seemed to really enjoy himself. A smile never left his face until he was bitching about George Bush (more on that later).

The show started off with his first single *Empty Walls*, which caused everyone to go crazy. To introduce *Lie, lie, lie*, Tankian asked if the crowd watched Borat. That came with huge applause. He asked if they watched Romeo and

Juliet. Once again, the crowd cheered. So he said that if the two were to f\*\*k, this is what they would get. Great way to start off the song; but he wasn't be done for the night.

For a couple more songs, Tankian introduced them in his politically correct ways. Blaming the Bush administration for eight years of hell that North America and the world had to endure, he screamed, "F\*\*k hypocrisy," and starting singing *The Unthinking Majority*.

Tankian broke out a new song (compiled with his Axis of Justice co-founder Tom Morello) called *Charades*. This sounded like vintage SOAD (which is a great thing).

Now for the obligatory "you are the best crowd on the tour, I swear," routine every singer says. Tankian said that about three times, stating that he honestly believed that Edmonton was the best crowd on the tour. Now I would like to believe that Tankian would not lie to me, so I'm gonna assume I was one of the best he had!

Now for the not so perfect things he did. While he only has one album, you would think that he would sing every song from it. Not quite. I could never understand why bands do this. He didn't sing *Money*. He sang a Dead Kennedys song instead, *Holiday in Cambodia* (the same song he sang with the Foo Fighters for the 2007 MTV Video Music Awards).

Another thing that kinda put me off was how the beat was played for some of the songs, especially *Praise the Lord and Pass the Ammu-*

*nition*. Don't get me wrong, the way he introduced the song was amazing, bitching about religion (praise the Lord) and war (pass the ammunition) coming together. But the live version did absolutely no justice to the song on the album.

But this is Serj Tankian we are talking about. He can do no wrong. In the CD review I wrote for *Elect the Dead* I said that he should be president. Seeing how he was born in Lebanon (which makes him even more kickass), he's not eligible. So I say to the people around the world, let's start a petition. Serj Tankian would be the best president. (If not him, then I can settle for Barack Obama).



Serj Tankian



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# Your horoscope



KATIE BERLINGUETTE

## March 21-27

(Warning: Nugget horoscopes are not written by an accredited astrologer; however, believe them if you like, as they are absolute and unquestionable.)

### Aries (March 21-April 19)

An unexpected business proposal might come about this week. Be sure to look at all of the details before you say yay or nay. Taking a risk this week is wise, but be careful not to flaunt what you have because others will not appreciate it. Try a new hairstyle near the middle of the week.

Lucky Movie: Pretty Woman

### Taurus (April 20-May 20)

Sometimes you might feel like life has become a farce. You may start to realize this as you are dealt one unorthodox situation after another. Being understanding and considerate of other's feelings will relieve a tense moment. Be prepared to learn

something interesting from an unlikely source.

Lucky Movie: Little Miss Sunshine

### Gemini (May 21-June 20)

The stars are showing a certain degree of emotional upset this week. You are perfectly capable of standing up for yourself, so there is no reason that you should be bullied. Be sure to tell the truth near Tuesday and Wednesday, despite how the situation may look.

Lucky Movie: Shawshank Redemption

### Cancer (June 21-July 22)

Your best chance of survival this week is to find a safe place and stay there. Everything is treacherous and unstable. The stars are giving you a stern warning to avoid heading outdoors. It would be wise to tell others where you are going before you leave the house.

Lucky Movie: Jurassic Park I and II

### Leo (July 23-Aug. 22)

Be sure to make your intentions clear this week so that you can avoid any confusion. If you're riding the single train, a little something – something is on its way. If you're currently with someone, why not take them out on the town?

Lucky Movie: Sleepless in Seattle

### Virgo (Aug. 23-Sept. 22)

You can do anything you want this week, whether it's home improvement projects or catching up on reading. You are a jack of all trades, Virgo. Do your best to surprise others with whatever else is in your bag of tricks.

Lucky Movie: Marry Poppins

### Libra (Sept. 23-Oct. 22)

It has been a long time since you have taken something important into consideration. This week you should deal with any loose ends before moving on. If you are feeling lost, you will soon find your way back to the start with an innovative outlook and plenty of perseverance.

Lucky Movie: Homeward Bound

### Scorpio (Oct. 23-Nov. 21)

Don't panic near the middle of the week when you find yourself in a sticky situation. It is good to realize that you can't keep all of your friends happy all the time and giving them space this week will save you in the end. Be sure to be methodical when it comes to dealing with complaints.

Lucky Movie: Spiderman

### Sagittarius (Nov. 22-Dec. 21)

It would make a little more sense this week to run through the streets singing and dancing in a choreographed manner. You aren't one to

care about what others think of you, which will benefit you later in the week. Mind your Ps and Qs on Monday.

Lucky Movie: Hairspray

### Capricorn (Dec. 22-Jan. 19)

Avoid all confrontation this week as the moon goes retrograde in Venus. Deadly peril will chase you throughout the week and the only way to avoid it is by looking ferocious. Be sure to avoid eating any spicy food this week, too.

Lucky Movie: 300

### Aquarius (Jan. 20-Feb. 18)

You might be out of your element this week, Aquarius. However, do not despair! A friend should be on the way to guide you through any difficult choices this week. Also, the easy way out could cost you more time in the long run.

Lucky Movie: Dora the Explorer

### Pisces (Feb. 19-March 20)

You feel like you're in a fog lately and unfortunately it doesn't look like things will start making sense anytime soon. So you might as well take advantage of the situation and enjoy it while it lasts. Expect the unexpected this week, Pisces, as you are in for one wild ride.

Lucky Movie: Fear and Loathing in Las Vegas

## STEPS TO SUCCESS

# Raise the bar!

### SHANT CHAKMAKIAN

Perspective is everything, and that holds true the most for the life you live and how you look at it.

How you look at your day and what's going on will determine if you will have a good or a bad day.

It's important to be optimistic, but optimism alone won't help. It's all about managing your own life.

First of all, always have a game plan. When projects get intense, when it doesn't seem like there are enough hours in a day or the world is on your shoulders, just stop and re-evaluate.

Looking at your game plan, adjusting it and micromanaging your time will ensure that a healthy level of stress doesn't become distress.

Also, never say or admit that you're having a bad day. When you do that, you essentially write off your day and are really giving up. The better thing to do is admit that you're having a challenging day. By doing that, you acknowledge that your day is challenging and you're willing to face it.

Smile more often. Think of certain things that make you happy and whenever you see or think of those things, stop and smile. For example, when I see the sun, gloriously

peeking over a cloud, no matter what I'm doing, I just watch and smile, savouring that simple moment.

It might sound cheesy, but I can guarantee that doing simple things like that will brighten your day, and in turn, your life. It will also provide you with energy when you need it.

But what I find the most useful is adjectives. How you describe something and choose to look at it paints a picture in your head and motivates other people.

For example, don't go on with your day, but pioneer awesomeness! Also, don't get your work done, but raise the bar on success!

I can obviously go on, but in the end when it comes to the life you're living it's not the picture you're looking at but the glasses you're wearing and how good you make the ride.

So go forth boldly, pioneer awesomeness and raise the bar on success as you redefine what you get out of life and do for others.

Please feel free to visit my blog at <http://shantc.blogspot.com> or to email me any comments or suggestions at [shant\\_c@hotmail.com](mailto:shant_c@hotmail.com) I value and look forward to your input.



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# CLUBS CORNER

CETSC

## Bubble of Doom beer garden

Come out of your bubble and come party in ours!!

Its Toga Time, everybody! Once again, on March 27, the Construction Engineering program will be holding its annual spring 'Bubble of Doom' Beer Gardens and this year they're going Greek. Dress good and warm in your finest Toga and compete for prizes!

For the uninitiated, this is an event where first year

Construction Engineering students construct a temporary 'bubble' out of polyethylene sheet big enough to hold a beer gardens. (Believe me, this is something to see!) There will be tunes supplied by a DJ and the weather is guaranteed to be perfect, with the temperature inside the bubble hovering around 12-15 degrees Celsius!! This monstrosity of construction can be

seen outside 'the dock' on the east side of Engineering Annex starting at 3:30 p.m. Beer and highballs will be available as well as hamburgers/cheeseburgers, all for a student friendly price of \$3 each.

This event will be supporting the WINHOUSE – Edmonton's Women's Emergency Shelter. Donations will be accepted in the form of cash, clothes for children, women's clothes, clean

sheets, pillows or pillowcases (new sheets or pillowcases, please). Half of the profits will be donated to WINHOUSE.

If you ever wanted your 15 seconds of fame, the media will be there to cover the event and a cheque presentation to the Canadian Breast Cancer Foundation for the donations raised at the Tough Enough to Wear Pink event.

Remember, if you're drinking, who's driving?

## Upcoming Events

### Chemical Technology

Event: Bake Sale

When: Thurs. March 20;  
11 a.m.-1 p.m.

Where: Outside Campus Reads and Needs

### CAFP

Event: Cookie Dough Sale

When: March 10-20;  
12:30 p.m. to 2 p.m.

Where: Outside Common Market

### Club Culinaire

Event: Guessing Game

When: March 12-31;  
Noon-4 p.m.

Where: Outside Common Market

### NASS

Event: Beer Garden

When: Friday, April 11;  
3 p.m. to 9 p.m.

Where: The Annex Dock

### Chemical Technology

Event: Cabaret

When: Friday March 28  
Where: Ezzies

### PFT 2008 Bake Sale

Event: "Get Baked Goods"

When: April 2; 12:30-3 p.m.

Where: NAITSA

### WINTech

Event: Networking

When: Wed., April 2

Where: Union Bank Inn  
Madison Grill  
Library Room  
10053 Jasper Ave.

Time: 5:30-8:30 p.m.

Cost: Professionals \$15  
Students \$5  
Includes comp.  
first beverage

RSVP: kathleel@nait.ca  
by March 31  
(Tickets limited)

Fostering the success of women in NAIT's Computer Systems Technology program and in the Information Technology workplace.

Rose Martin Baumgartner  
NAITSA Campus Clubs Mgr  
11762-106 Street, Room E-133  
Edmonton, AB T5G 3H4  
Ph: 471-8871; Fax: 491-3989  
E-mail: roseb@nait.ca

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**MARCH 28 2008**

TICKETS AVAILABLE AT NAITSA  
AND OR BAR ENTRANCE  
DOORS OPEN AT 7 P.M.

**PARTY LIKE A ROCKSTAR**



**BIOLOGICAL SCIENCE'S FUNDRAISER**

**FRIDAY, MARCH 21, DOORS 8PM**  
**\$5 TICKETS INCLUDE PRIORITY ENTRANCE, ADMISSION, AND 1 FREE BEVERAGE BEFORE 10PM**  
TICKETS AVAILABLE IN THE NAITSA OFFICE ROOM E131  
OR CONTACT CHRISTINE 780.265.4550

**UNION HALL** PLEASE ROCK RESPONSIBLY

**SUNPIT SAFARI '08**

**APRIL 4-6 on MTN PANORAMA**



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**Live Band & DJ on Panorama**  
**Great Hall Deck (Sat / Sun)**  
**Mexican costume theme on Saturday**  
**Annual slush cup & so much more!**

**All money must be in to NAITSA OFFICE E131**  
**1st COME 1st SERVE**  
**Money due March 18, 2008**  
All prices are per person & are subject to change  
Limited rooms available on a first come first book basis.



**WINTech** Presents

## Business Networking Basics

Learn how to:

- Develop an impressive introduction
- Start up a conversation with a new contact
- Build connections that support career development

**Monday, March 31<sup>st</sup>**  
**12:15 – 1:10 pm**  
**Room X105**

## Ask a Student Counsellor

# Managing your anger



MARGARET MAREAN

**Question:** My girlfriend has threatened to leave me because of my angry outbursts. She says she is scared of me and that I am violent. I have thrown things and yelled but I have never hit her or anyone else and I know that I never would. I would like her to understand that getting angry is just the way I am.

**Answer:** Anger is a normal emotion. Everyone feels angry at times, and this anger can be positive in motivating us to move forward in life or to defend our rights. While anger is an emotion, aggression is an action – yelling and throwing things are acts of aggression. Aggression is only appropriate in very rare situations when we have to defend or protect ourselves to survive.

In order to save your relationship, and other relationships in your life, it is important that you acknowledge that you have a prob-

lem with anger management, and recognize that you have choices in the way that you respond to situations. Here are some steps you can take to begin channeling your anger more constructively:

1) Recognize what triggers your anger. Often the same types of situations or verbal exchanges set us off each time we get angry.

2) Identify the warning signs that signal you may be losing control. For example jaw, neck or shoulder muscles getting tense, heart rate increasing or clenched fists are common warning signs.

3) Beware of negative self-talk. When things don't go your way or irritate you, negative self-talk can play a big role in the way you react. Mentally criticizing yourself or feeling like an underdog can lead to feelings of anger. Ask yourself if you could be distorting the situation or building it out of proportion.

4) Learn to express anger assertively and in a timely fashion. Often angry outbursts or aggression occur because emotions get

bottled up and not expressed. When appropriate, state clearly what is upsetting you without blaming or attacking the other person. For example "I feel very angry – I feel ignored."

5) Try to see things from the other person's perspective. We often interpret other people's words or actions incorrectly.

Remind yourself that you have the power to choose alternative meanings to events or dialogues.

6) Identify possible coping responses. It is important that you have several options to choose from because no one response will work for all situations. For example: I can walk away from the situation. I can take six slow, deep breaths, focusing

only on my breathing. I can tell the other person calmly that I will discuss this later. I can choose not to take this personally.

7) Identify your support network. Are there friends, family members or fellow stu-

dents/co-workers who you can rely on to listen and support you in dealing with your anger more effectively?

8) Evaluate whether you need to get more balance in your life by taking better care of yourself through improved exercise, diet and sleep patterns, spending more time with friends or letting go of relationships or activities that cause stress. Good self-care can go a long way towards helping you maintain a calm and positive outlook.

It is important to recognize that you have a choice in how you manage your anger. It is also important that you recognize that changing this habit will take some time and dedicated effort. It is not an easy problem to resolve and you may need professional help to deal with managing your anger and to work on emotions or past issues that may be underlying the anger.

Counsellors are available to help with this or any other personal, academic or career concern.

To book an appointment call 378-6135 or come in person to Room W111-PB in the HP Centre.

**While anger is an emotion, aggression is an action – yelling and throwing things are acts of aggression.**

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Featured wines by the glass .....	4 <sup>99</sup>
Select happy hour appetizers .....	4 <sup>99</sup>

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P/T, must have vehicle  
Looking for fun, outgoing and reliable people  
Please call Ryan at 416-9017 or e-mail [info@revolutiondj.com](mailto:info@revolutiondj.com)

### Landscaping/lawn maintenance

We are hiring 5-10 landscaping and lawn maintenance positions.  
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Contact Trevor @ 267-7645 or [gcland@telus.net](mailto:gcland@telus.net)

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or phone 929-4653 ext. 221

## Terry Cooke Law Text Bursary



### Could you use Financial Help?

- ➔ Are you a full-time student in year 1 of Business Administration?
- ➔ Did you start full-time studies (Day or CED) in September 2007?
- ➔ Are you currently enrolled in Semester 2 (January - April 2008)?
- ➔ Did you have a grade point average of 2.3 or higher in your first semester with no course failures?
- ➔ Did you have at least an 80% course load?
- ➔ Can you prove financial need? (Main Prerequisite)

Apply now for a **\$500**  
**Terry Cooke Law Text Bursary!**  
Pick-up an application form in Room T500  
Deadline: Thursday, March 20, 2008  
@ 4:00 p.m.

*Successful applicants must attend the awards ceremony to receive the bursary*

## VOLUNTEER?

### Cerebral Palsy Association

Do you love helping others? Want to make some great friends? Gain valuable work or vocational experience? Cerebral Palsy Associations' mission is to support and enrich the lives of individuals and persons affected by Cerebral Palsy. A variety of volunteer opportunities are available for people of all ages. From working with adults in our bowling program and other Members' nights, to helping out with special events or dances, yoga or Art Expressions programs; you can volunteer as much or as little as you want! Check out the website for more information about our volunteer program, [www.cpalberta.com/volunteers.htm](http://www.cpalberta.com/volunteers.htm). You can also call Eve Hughes, at 780-477-8030 or e-mail [eve@cpalberta.com](mailto:eve@cpalberta.com).

### NAIT

Have you always wanted to get involved at your school? Now is your chance! NAIT is looking for volunteers for May 21, July 22 and Aug. 18. The events are from 6-9 p.m. Volunteers are needed from 5 -9:30 p.m. on each evening and for a training session before each event. The volunteers will work in one of the following roles:

1. "Ask Me" Roving volunteer – The student simply walks around campus and directs people where to go and helps them with general inquiries.
2. Check-in tables – The student welcome the guests and provide a nametag and orientation package.
3. Tour Guides – The student will lead Icebreaker activities for their group and then lead a campus tour to select locations.
4. Evaluation drop-off table – Collects evaluations and puts them in the draw drum.
5. DJ.

For more information, contact Sarah Franks at [sarahf@nait.ca](mailto:sarahf@nait.ca)

### Habitat for Humanity

Habitat for Humanity Edmonton needs a volunteer with strong AutoCAD skills who can come and spend some time in our office over the period of two to three weeks. The right volunteer needs to be able to work with direction but little or no supervision. We are updating and revising our working drawings with AutoCAD 2008. Interested? Contact Angela Robichaud at 479-3566 ext 223.

### Hope Mission

Always wanted to help out your community in a positive way? Help prepare and/or serve meals to people experiencing homelessness. Volunteering is easy, flexible times throughout the week. Send an e-mail to [sarah.krikke@hopemission.com](mailto:sarah.krikke@hopemission.com).

### Extended library hours during exams

#### Project Factory

Saturday April 5: 10 a.m.-6 p.m.; Sunday April 6: 10 a.m.-8 p.m.

#### Library and Project Factory

Saturday April 12: 10 a.m.-6 p.m.; Sunday April 13: 10 a.m.-8 p.m.

#### Library

Saturday April 19: 10 a.m.-6 p.m.; Sunday April 20: 10 a.m.-8 p.m.



### The Vagina Monologues

Benefiting SAFFRON:

Strathcona Sexual Assault Centre  
March 30, 3 p.m.

Contact: Amanda for tickets: 904-0032,  
[amandao@nait.ca](mailto:amandao@nait.ca)

\*Sign language interpreters provided\*

# Want to start a business?

Not looking forward to sending copies of your resume to dozens or possibly hundreds (but hopefully not thousands) of companies when you graduate university?

Neither were we.

Eureka! There is another option: entrepreneurship, a.k.a. creating and running your own business, a.k.a. being your own boss, a.k.a. choosing your own hours.

Entrepreneurship is integral to the Canadian economy. The small businesses that young entrepreneurs create are innovative and employ thousands of people nationally.

How do you know if entrepreneurship is for you?

According to the book, *The Power of Focus*, by Les Hewitt, Andrew Hewitt & Luc d'Abadie, you should ask yourself the following questions:

- Do I like being in control, even if it means working on weekends?
- Can I tolerate high levels of risk?
- Am I willing to fail more than once before I hit it big?
- Am I adventurous?

If, like young entrepreneurs, Andrew and Luc, you answered yes to one or more of these questions, then entrepreneurship may be the path for you.

## Started own business

These childhood friends started their own business, Focused Student, in 2006. They didn't feel that their post-secondary educations had prepared them for 'the real world', so they used their business experience and research to branch out on their own and help other students. Focused Student teaches students how to find a career that they're passionate about, what employers really look for and how to succeed as a young graduate.

Andrew and Luc attained tremendous success with Focused Student. As well as writing the bestselling book *The Power of Focus for College Students*, they've met many well known business leaders, authors, speakers and celebrities, including Donald Trump, who was so impressed with these young entrepreneurs that he wrote the foreword to their book.

According to Andrew, "students increasingly choose entrepreneurship as a career and look to be their own boss."

## Where to start?

So, you think that entrepreneurship may be right for you. Where do you start?

Andrew recommends that you enter a business plan competition, which are held locally and internationally. This is a great way to define your business idea as well as meet and learn from successful business leaders and other young entrepreneurs.

Next, ask for help. Look for a mentor, an experienced business person who is willing to give you advice and guidance as you get your business started.

The Canadian Youth Business Foundation (CYBF) can help you with both of these steps.

CYBF is a national charity that helps

youth, aged 18-34 start successful businesses by providing start-up financing, mentoring and business resources (such as guidance on writing a business plan). Lending is based on character, not collateral, and CYBF aims to help young people who have a great business

idea but are unable to access funds through other traditional sources. CYBF's mandate is

to keep entrepreneurship alive and well to create economic prosperity in communities across Canada.

**Lending is based on character, not collateral, and CYBF aims to help young people who have a great business idea but are unable to access funds through other traditional sources.**

Jean-Guy Furois, who is a CYBF mentor and has helped two successful young entrepreneurs get started, says that as a mentor, he "sets an example, listens, discusses


issues and leads."

Robert Kenfield, who created DreamLife

Design Inc., says: "My initial financing and mentoring from CYBF gave me the external credibility to show that I had a solid business." Robert started his incredibly successful real estate visualization studio with CYBF's mentoring and start-up financing.

So, there you have it! Now you know how to decide if entrepreneurship is right for you and how to start the process. It's a route that requires a lot of self-examination and hard work, but it beats sending out resumes, and can potentially help you realize your professional dreams.


— Canadian Youth Business Foundation  
([www.cybf.ca](http://www.cybf.ca))



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# HOT SINGLE OF THE WEEK



**BRENT CONSTANTIN**  
*When you least expect it*

Hi, everybody! It's me, Brent. With another installment of what I like to call the NAIT Meat Market, but is known to you, the gentle reader, as Hot Single of the Week, where everyday average people such as yourselves have the chance to be featured in beautiful, three-colour, newspaper vision.

This week's issue is a bit of a departure from previous attempts. At the request of my psychiatrist, I've been trying to branch out and make new friends without it ending with a hacksaw and jail time. So I couldn't help but say "maybe" when I was approached by several lovely students in the Radio & Television program who wanted to put together a fabulous contest using my lil' ol' article.

Over the next two issues I'll feature a single NAIT student, as usual, but that's where the similarities end, my friend! By writing in to me you

can be entered into ROMANTIC FUSION. They need four or five guys to participate at the Nest on April 7 to compete to win a date with the lovely ladies you'll see. Anyone participating will win fabulous prizes that the mind can barely fathom, such as gift certificates for Joey Tomatoes and Cineplex Theatre. Blown away yet? I am, but then, I'm very easily blown.

First of the pair is Amber, an RTA student from Saskatchewan. She honestly says that she's as fertile as a farmer's field and looking for someone that knows how to plow. Yikes.

**B:** Hi, Amber  
**A:** Hello

**B:** Tell me, ummm ... about yourself.  
**A:** Well, I'm 21, I love sports, I like to go out and have fun as much as I can!

**B:** So you like drinking?  
**A:** No, that's not what I mean.

**B:** So, you go out drinking how often?  
**A:** Maybe once a week?

**B:** See, I see that as often, but then the only time I have any alcohol is during the equinox in order to pay homage to my dark god Margotheop. HAIL MARGOTHEP!  
**A:** Great.

**B:** \*Ahem\* So, when was the last time you were dating someone?

**A:** For "reals"? Maybe two years ago, in Ireland for like a year and a half, then I moved away. But just sort of seeing someone ... maybe ...

**B:** Last Saturday? And then you sobered up the next morning?

**A:** No ... about six months ago ...

**B:** mmkay, and what kind of guy are you looking for?

**A:** Someone funny, athletic, six-foot-one or over and can handle dating someone cooler than they are.

**B:** What do you mean by funny? Girls always say that and it could mean anything. You could have a guy with a dead foot that falls every three steps that could make you laugh, but I'm guessing that's not what you mean.

**A:** I think that would be more awkward than really funny. Funny like Dane Cook.

**B:** So annoying, yells-everything-until-you-feel-pressured-to-laugh, frat-boy humour? Something like that?

**A:** ... no ... just someone that can tell me a story and I'll be interested in listening to it, someone that I enjoy listening to.

**B:** Okee-dokee. And tell us, why are you hot, Amber?

**A:** Well people take my photo a lot ...



**B:** I think that's all I need. Maybe we should have just put your picture in here and skipped the article?

**A:** I think it would have been just as good.

And there you have it gentlemen, e-mail me at [bconstantin@nait.ca](mailto:bconstantin@nait.ca) as son as you can and we'll pick five

of you to enter the Romantic Fusion contest brought to you by NR92, or NTV, or maybe even both. To find out more go to [NR92.com](http://NR92.com) and check out the promotions link.

And, as always, if you'd like to be the HSW send me that as well, only a couple spots left before the end of the year.



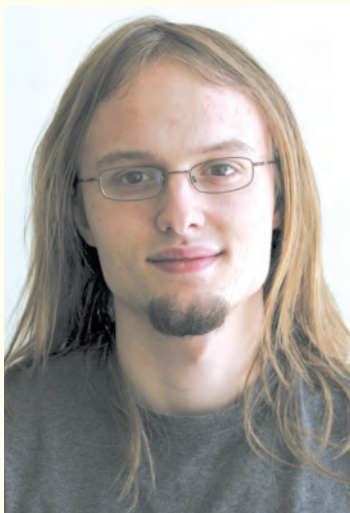
**LANDON SPEERS**

## What Easter rituals do you engage in?



Celebrate Jesus Christ's resurrection.

**Bill Preston**  
Marketing



Easter egg hunt around the house and hang out with family.

**Treab Forsythe-Todd**  
Electronic Systems  
Integration



Eat a lot of chocolate.

**Nam Nguyen**  
Pre-Tech



Dinner with family.

**Drew Macray**  
Materials Engineering



Sunday dinner with Dad's family.

**Nikole Berry**  
Photographic Technology